

Criteria for Determining Acceptable Grains

Both breakfast and lunch meal patterns include a daily and a weekly requirement for the grain component for each grade grouping (K-5, 6-8, and 9-12). **A serving of a grain is defined as an “Ounce Equivalent” or “oz eq”.**

Grade K-5	Grade 6-8	Grade 9-12
8 oz eq/wk 1 oz eq minimum/day	8 oz eq/wk 1 oz eq minimum/day	10 oz eq/wk 2 oz eq minimum/day

Of the weekly total grain component requirement for lunch, up to two (2.0) oz eq grains per week may be in the form of a grain-based dessert.

What Counts as an Ounce Equivalent (oz eq) for a Grain?

A food item must meet the **oz eq** requirements for the grains component as defined by **Exhibit A: School Lunch and Breakfast Ounce Equivalency Chart** (pages 4-5 of this handout). This chart defines the amount for **one ounce equivalent (and $\frac{3}{4}$, $\frac{1}{2}$, and $\frac{1}{4}$ oz eq)** for a variety of commonly served grains.

One quarter ($\frac{1}{4}$) of an oz eq is the smallest amount allowable to be credited toward the grain component.

The daily requirement for grains can be met by offering multiple grain items. For example, if the daily minimum requirement is 1 oz eq, you can offer 0.5 oz eq of one grain item and 0.5 oz eq of another grain item to equal 1 oz eq.

What is the Whole Grain-Rich Requirement for the School Meals Program?

ALL grains offered in the lunch and breakfast meal programs **need to be whole grain-rich.**

What Counts as Whole Grain-Rich in the New School Meal Pattern?

Grains that are 100% whole grain or

Grains that contain at least 50% whole-grains and the remaining grain, if any, is enriched.



How do I identify whole grain-rich items?

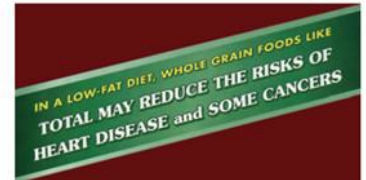
1. It has a whole grain stamp;



OR

2. The product includes one of the following Food and Drug Administration (FDA) – approved whole grain health claims on its packaging:

⇒ “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers”



⇒ “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

OR

3. The product ingredient declaration **lists whole grains first**, specifically:

Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water).

Ingredients: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, WHEAT BRAN, MOLASSES, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, GRAIN VINEGAR, CITRIC ACID, SOY LECITHIN, WHEY, NONFAT MILK

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Amount/Serving		%DV	Amount/Serving		%DV
Total Fat 1 g	2%	Total Carbohydrate 18 g	6%		
Saturated Fat 0 g	0%	Dietary Fiber 2 g	8%		
Trans Fat 0 g		Sugars 3 g			
Polysaturated Fat 0 g		Protein 4 g			
Monounsaturated Fat 0 g					
Cholesterol 0 mg	0%				
Sodium 135 mg	6%				
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4% Riboflavin 2% • Niacin 6% • Folic Acid 2%					

Flour blends that contain one or more flours (i.e. whole wheat flour and enriched wheat flour) may count. These products could meet the whole grain-rich criteria with proper manufacturer documentation stating that **at least 50%** of the grain is whole-grain.



Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains).

Batter Ingredients: Water, whole wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil.
Chicken Frankfurter Ingredients: Mechanically separated chicken, water, corn syrup solids, contains less than 2% of salt, spices, potassium lactate, sodium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite.

Foods prepared by the school food service: Use the recipe to determine whether the total weight of whole grain ingredients exceed the total weight of non-whole grain ingredients.

Recipe: 002263 WHOLE GRAIN Bread Stick-ELEM	
Recipe Source:	
Recipe Group: GRAINS & BREADS	
Alternate Recipe Name:	
Number of Portions: 300	
Size of Portion: 1OZ	
050401 FLOUR, WHOLE WHEAT.....	5 LB + 4 OZ
050385 FLOUR, ALL-PURPOSE, ENRICHED, WHITE, UNSLEACH.....	4 LB + 12 OZ
075151 WATER, HOT.....	3 QT + 1 1/2 CUP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 CUP
000054 MILK, NONFAT DRY, POWDER (INSTANT).....	2 CUP
000992 YEAST, Active Dry.....	1 CUP
075090 SUGAR, GRANULATED.....	2 CUP + 3/4 CUP
086630 SALT.....	1/4 CUP
075015 GARLIC POWDER.....	2 TBSP
901095 ITALIAN SEASONING.....	1 TBSP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 TBSP
115860 CHEESE, PARMESAN, GRATED.....	3 TBSP

Combined whole grain ingredients: If the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even if a whole grain is not listed as the first ingredient.

Example:

A bread item may be made with three grain ingredients: enriched wheat flour (40% of grain), whole wheat (30% of grain), and whole oats (30% of grain). **The foodservice manager, with the assistance of manufacturers,** could determine that whole grains were the primary ingredient by weight since the combined 60% whole grain ingredients are greater than the enriched wheat flour at 40% although the enriched flour may be listed first in the ingredient declaration.

Ready-to-eat (RTE) breakfast cereals must list a whole grain as the primary ingredient and the RTE cereal must be fortified. Bran and germ are not creditable in school meal programs and therefore can not be listed first on the label count as a whole grain-rich product.

What are Common Whole Grains to look for on the Label?

See *Exhibit B –List of Common Whole Grains* on page 6.

How to Use CN Labels in Verifying Whole Grain-Rich Products:

If the term “**oz eq grains**” is on the CN label, this term verifies that the product meets the whole grain-rich criteria. If the terms “**bread**” or “**bread alternate**” is on the CN label, these terms do not verify that the products meet the whole grain-rich criteria for the new meal pattern (these terms were used to verify grains in the old meal pattern).

Please refer to the CN Labeling Program website for details regarding qualifying products at: <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS^{1, 2}

GROUP A	OZ EQ FOR GROUP A
Bread type coating	1 oz eq = 22 gm or 0.8 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz
Chow mein noodles	1/2 oz eq = 11 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz
Croutons	
Pretzels (hard)	
Stuffing (dry) Note: weights apply to bread in stuffing.	
GROUP B	OZ EQ FOR GROUP B
Bagels	1 oz eq = 28 gm or 1.0 oz
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz
Breads (sliced whole wheat, French, Italian)	1/4 oz eq = 7 gm or 0.25 oz
Buns (hamburger and hot dog)	
Sweet Crackers ⁴ (graham crackers - all shapes, animal crackers)	
Egg roll skins	
English muffins	
Pita bread (whole wheat or whole grain-rich)	
Pizza crust	
Pretzels (soft)	
Rolls (whole wheat or whole grain-rich)	
Tortillas (whole wheat or whole corn)	
Tortilla chips (whole wheat or whole corn)	
Taco shells (whole wheat or whole corn)	
GROUP C	OZ EQ FOR GROUP C
Cookies ³ (plain - includes vanilla wafers)	1 oz eq = 34 gm or 1.2 oz
Cornbread	3/4 oz eq = 26 gm or 0.9 oz
Corn muffins	1/2 oz eq = 17 gm or 0.6 oz
Croissants	1/4 oz eq = 9 gm or 0.3 oz
Pancakes	
Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meat/meat alternate pies)	
Waffles	

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
Doughnuts ⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁴ (plain) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls ⁴ (frosted) Toaster pastry ⁴ (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
Cake ³ (plain, unfrosted) Coffee cake ⁴	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
Brownies ³ (plain) Cake ³ (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked) ^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
Ready to eat breakfast cereal (cold, dry) ^{5,6}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Exhibit B: List of Common Whole Grains

WHEAT (RED)

wheat berries
whole grain wheat
cracked wheat or crushed wheat
whole wheat flour
bromated whole wheat flour
stone ground whole wheat flour
toasted crushed whole wheat
whole wheat pastry flour
graham flour
entire wheat flour
whole durum flour
whole durum wheat flour
whole wheat flakes
sprouted wheat
sprouted wheat berries
bulgur (cracked wheat)
whole bulgur
whole grain bulgur

WHEAT (WHITE)

whole white wheat
whole white wheat flour

OATS

whole oats
oat groats
oatmeal or rolled oats
whole oat flour

BARLEY

whole barley
whole grain barley
whole barley flakes
whole barley flour
whole grain barley flour
dehulled barley
dehulled barley flour

CORN

whole corn
whole corn flour
whole grain corn flour
whole grain cornmeal
whole cornmeal
whole grain grits

BROWN RICE

brown rice
brown rice flour

WILD RICE

wild rice
wild rice flour

RYE

whole rye
rye berries
whole rye flour
whole rye flakes

LESS COMMON GRAINS: To be whole grains, “whole” must be listed before the grain name.

einkorn
Kamut
emmer (faro)
teff

triticale
spelt
buckwheat
amaranth

sorghum (milo)
millet
quinoa

Exhibit C: List of Grain Ingredients NOT Considered Whole Grain

flour
white flour
wheat flour
all-purpose flour
unbleached flour
bromated flour
enriched bromated flour
enriched flour
instantized flour

phosphate flour
self-rising flour
self-rising wheat flour
enriched self-rising flour
bread flour
cake flour
durum flour
corn grits

hominy grits
hominy
farina
semolina
degerminated corn meal
enriched rice
rice flour
couscous